

LAURELHURST

COMMUNITY CENTER

4554 NE 41st Street

Seattle Department of Parks and Recreation

206-684-7529

Spring/Summer **2004**



Registration Dates

www.seattle.gov/parks

SPRING QUARTER

Mail-in only:

March 15 - Classes & Lil Tikes

Walk-in:

March 8 - Girls Softball

March 29 - Classes & Nerf Soccer

SUMMER QUARTER

Mail-in only:

May 24 - Classes & Lil Tikes

Walk-in:

June 1 - T-Ball & Coach Pitch

June 14 - Summer Classes

LAURELHURST

COMMUNITY CENTER

4554 NE 41st Street (206) 684-7529
Seattle, WA 98105 Fax (206) 522-6029

Visit us online at
www.seattle.gov/parks

HOURS OF OPERATION

M/W/F 11:00 am-9:00 pm
Tues/Thurs 1:00 pm-9:00 pm
Closed Saturday & Sunday

LAURELHURST GYMNASIUM

4533 47th Ave. NE 206-684-7531
Spring Monday-Friday 4:00-9:00 pm
Saturdays 10:00-5:00 pm until May 15
Closed for summer

HOLIDAY CLOSURES

Memorial Day Monday, May 31
Fourth of July Monday, July 5
Labor Day Monday, Sept. 6

REGISTRATION DATES

SPRING QUARTER: April 12-June 18

Mail-in only:

March 15 - *Classes & Lil Tikes*

Walk-in:

March 8 - *Girls Softball*

March 29 - *Classes & Nerf Soccer*

SUMMER QUARTER: June 21-Sept. 9

Mail-in only:

May 24 - *Classes & Lil Tikes Camps*

Walk-in:

June 1 - *T-Ball & Coach Pitch*

June 14 - *Summer Classes*

PROFESSIONAL STAFF

Ken Bounds – Superintendent
Christopher Williams – Operations Director
Maureen O'Neill – NE Parks Recreation Mgr.
Dave Yim – Recreation Center Coordinator
Yolanda Abarca – Asst. Rec. Ctr. Coordinator
Necka Kapesi – Teen Development Leader
Mputela Scott – Recreation Attendant
Darin Olsen – Recreation Attendant
Berto Mendoza – Recreation Attendant
Jake Castle – AM Program Attendant
Carlie Doss – Maintenance Laborer



You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the third Thursday of every month at 7:00 pm) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 684-7529.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

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FOR YOUR INFORMATION

Registration Procedures

Mail-In Registration

Mail-in registration is fast and easy! Sign up now for your favorite classes by filling out and mailing in the handy registration form on the back page of this program. Registration will be taken until classes are full. All mail-in registrants will be processed in the order received. Mail-in registration is done by lottery selection and class enrollment is limited. Please note your first and second class selections on your registration forms to facilitate processing should your first class selection be filled. **No class confirmation notices will be sent.** Registrants WILL ONLY be notified by phone in the event that a class is cancelled or at capacity. Mail-in registration must be postmarked no sooner than **March 15** for *Spring* and **May 24** for *Summer* quarters. Mail-in registration received prior to these dates will be processed after the first day of mail-in registration.

Walk-In Registration

Walk-in registration for *Spring Quarter* begins **March 29** and *Summer Quarter* begins **June 14**. Registration for classes will start at 11:00 am for all classes except those classes with special registration dates. Registrations are accepted until classes are full.



EASY REFERENCE PHONE NUMBERS

Parks and Recreation Info Line	(206) 684-4075
Ballard Community Center	(206) 684-4093
Bitter Lake Community Center	(206) 684-7524
Green Lake Recreation Complex	(206) 684-0780
Laurelhurst Community Center	(206) 684-7529
Loyal Heights Community Center	(206) 684-4052
Meadowbrook Community Center	(206) 867-7522
Ballard Swimming Pool	(206) 684-4094
Evans Swimming Pool	(206) 684-4961
Helene Madison Swimming Pool	(206) 684-4979
Green Lake Small Craft Center	(206) 684-4074
Meadowbrook Swimming Pool	(206) 684-4989
Bryant Elementary School	(206) 252-5200
Eckstein Middle School	(206) 252-5010
Viewridge Elementary School	(206) 252-5600

Dear Laurelhurst Dog Owners

Please make sure your dogs are always on a leash when enjoying the park, and please remember that no dogs are allowed in play areas or athletic fields at any time. This is for the safety of all parks users, as well as your pets. Thank you very much for your cooperation.

SPECIAL EVENT



SEATTLE PARKS
AND RECREATION

ENVIRONMENTAL STEWARDSHIP

Earth Day • 2004

Thursday, April 22 is Earth Day!

Seattle Parks and Recreation invites you to celebrate Earth Day at a park or community center near you. We have more than 150 opportunities for you and your family to explore, learn about, or care for your world. Here are just some of the ways you can enjoy this month-long celebration (April):

- Go for a walk in over 5,000 acres of Seattle's parks
- Alternative Fuel Car Rally (4/10) at Discovery Park (733-9434)
- "Living with Beavers" workshop at Meadowbrook Community Center (4/27) (684-0877)
- Senior Adult Work Party and Lunch - Carkeek Pk (4/22) (233-7138)
- Nature "Tot Walks" for families at Camp Long (684-7434)
- Adopt your neighborhood park (684-4075)
- Seattle Aquarium's Family Science Day (4/24) (386-4300)
- Take a "Backyard Habitat Gardening" class (4/17) (684-0877)
- EarthCorps Ivy Removal at Cheasty Blvd (4/17) (322-9296x217)

To learn more, please call 684-4075, or Adam Cole, 733-9701, <http://www.seattle.gov/parks/Environment/earth.htm>

Lead a
"Spring Clean"
neighborhood cleanup project
where you live or work.

Seattle
Public
Utilities

March 27–May 15

Call:
233-7187, or:
<http://www.cityofseattle.net/util/ept/springclean/>

SPECIAL EVENTS



***Holidays to Remember when
the Center Will Be Closed . . .***

SPRING:

May 31, Memorial Day

SUMMER:

July 5, Independence Day

September 6, Labor Day



Laurelhurst



Park

Summer



Concert Series

Pack a picnic, bring a blanket and enjoy live concerts in the park on Thursdays this summer.

The music begins at 6:00 p.m. and runs until 8:00 p.m.

The dates are:

July 15	August 5
July 22	August 12
July 29	

Free



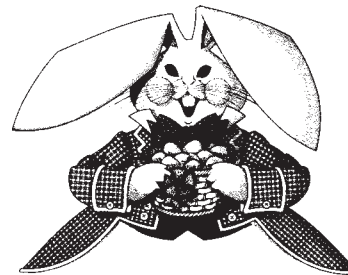
Family Salmon Bake

For over 30 years the Family Salmon Bake at Laurelhurst Park has been a neighborhood tradition. Bring the family and join us for fun kids' carnival games, arts, crafts, moonwalks, musical entertainment and great food! Our salmon plate features delicious alder-smoked salmon, coleslaw, watermelon, a roll and a beverage. Tickets for dinner, carnival games, face painting and moonwalk will be available at the event.

Thursday, July 29th • 5:30-8:00 pm

Salmon Plate – \$6.00/children, \$7.00/adult

Hot Dog Plate – \$4.00/children, \$4.00/adult



Spring Egg Hunt

Elementary school kids age 11 and under scramble in a designated area of the park for prizes and goodies. Please bring a basket or bag for collection and two cans of food for participant to donate to Northwest Harvest. Participants should arrive promptly at 9:00 a.m. Meet at the community center front door for instructions.

Saturday, April 10 • 9:00 am



TOTS & TODDLERS



Early Childhood Music

Nature Music For Toddlers

(ages 15 months to three years of age)

Spring: April 20-June 8 8 Weeks \$60
Tuesday 10:00am-10:45 am

Come sing and dance about worms, bees, butterflies, and other critters! Come play simple instruments and dance with hoops and scarves! For parents and toddlers ages 15 to three years of age.

Instructor: Cindy Rothwell
Minimum: 8/Maximum: 12

Babies Sing and Play

(For babies and an adult care giver)

Spring: April 20-June 8 8 Weeks \$60
Tuesday 11:00am-11:45 am

Come celebrate Spring by singing, dancing, instrumental play, baby massage, baby exercise and creative movement. For babies and adult caregiver.

Instructor: Cindy Rothwell
Minimum: 8/Maximum: 12

Toddler Ocean Music Camp

Summer: June 22-Aug 3 6 Weeks \$75
Tuesday 10:00am-11:00am

(No class on July 6)

Six weekly one hour sessions including ocean snacks, creative music and dance with ocean creature puppets! For children ages fifteen months to three and a half years of age and an adult caregiver. A song activity sheet will be provided.

Five dollar snack/supply fee paid to instructor.
Instructor: Cindy Rothwell
Minimum: 8/Maximum: 12

Musical Safari

Summer: June 22-Aug 3 6 Weeks \$75
Tuesday 11:00am-12:00pm

(No class on July 6)

Come explore animals by wood, sea, and jungle; play musical games, explore creative movement, play simple rhythm instruments and sing! A song activity sheet will be provided.

Five dollar snack/supply fee paid to instructor.
Instructor: Cindy Rothwell
Minimum: 8/Maximum: 12

Toddler Play Zone

Two's and Three's Art and Playgroup

(plus parent/caregiver)

Spring:

April 19-June 14	Mon	10 am-12 pm	8 weeks	Fee: \$90
April 14-June 9	Wed	10 am-12 pm	9 weeks	Fee: \$100

(No class Monday, May 31)

Summer:

Dates: TBA by May 1

The focus of this popular class will be interactive play and exploration of varied art mediums. The class includes circle time, stories, music, indoor and outdoor play, snack time, and art projects such as: paint, clay, collage, and much more! This early experience in a group setting assists the child in developing simple social skills. It is a parent-participation class. Parents can enroll their child in all classes. Instructors: Mondays - Lynn Brevig, Wednesdays - Susan Sullivan.

Parents/caregivers also help with clean-up and take turns providing snacks. Minimum: 9/ Maximum: 13.

Drop-In Toddler Playland

Ages 5 and under

Fridays 11:00 am-1:00 pm Fee: \$1.00

For our drop-in playland the entire center is set up with a variety of play equipment, toys and more for parents and children to interact with. When you and your child participate in this unique program, your child's world will expand in exciting new ways. Don't miss out on this opportunity to help your child develop important socializing skills in this safe, supportive, and parent-supervised environment.



YOUTH CLASSES

Youth Clay Classes



Clay for Small Hands Ages 3 & 4

Spring:

No classes offered

Summer:

June 23-Aug 25 Wed 1:30-2:00 pm 9 weeks \$55

Kids will enjoy making their own tiles, garden art, treasure bowls and more. Students are encouraged to be creative and experiment with texture, shapes and color. Parents/caregivers are welcome to participate. *All materials are included.*

Instructor: Amanda Wilton-Green.

Minimum: 5 / Maximum: 6

Clay Creations Ages 4-6

Spring:

No classes offered

Summer:

June 22-Aug 24 Tues 2:15-3:00 pm 9 weeks \$83

June 22-Aug 24 Tues 3:30-4:15 pm 9 weeks \$83

June 23-Aug 25 Wed 2:15-3:00 pm 9 weeks \$83

June 23-Aug 25 Wed 3:30-4:15 pm 9 weeks \$83

Clay Camp Session I:

June 22-July 5 Tues/Thurs 9:30-10:15 pm 4 weeks/
8 sessions \$74

Clay Camp Session II:

July 27-Aug 19 Tues/Thurs 9:30-10:15 am 4 weeks/
8 sessions \$74

Kids will enjoy making their own tiles, garden art, treasure bowls and more. Students are encouraged to be creative and experiment with texture, shapes and color. *All materials are included.*

Instructor: Amanda Wilton-Green.

Minimum: 5 / Maximum: 8

Ceramics for Kids Ages 7-9

Spring:

No classes offered

Summer:

June 22-Aug 24 Tues 4:30-5:30 pm 9 weeks \$85
(no class July 20)

June 23-Aug 25 Wed 4:30-5:30 pm 9 weeks \$85
(no class July 21)

Classes will introduce different techniques in clay (pinch, coil and slab) using creative NEW projects – some never seen before! Learn about how different cultures have used clay and make some pieces that can be used at home. *All materials are included.*

Instructor: Amanda Wilton-Green.

Minimum: 5 / Maximum: 8

Wheelforming for Kids Ages 10-12

Spring:

No classes offered

Summer:

Clay Camp Session I:

June 22-July 15 Tues/Thurs 10:30 am-12:00 pm 4 weeks/
8 sessions \$76

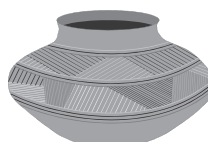
Clay Camp Session II:

July 27-Aug 19 Tues/Thurs 10:30 am-12:00 pm 4 weeks/
8 sessions \$76

Kids will start learning how to make functional ceramics on the wheel from the first day of class. Projects include bowls, mugs and small plates.

Instructor: Amanda Wilton-Green.

Minimum: 5 / Maximum: 8



Youth Dance



Mommie and Me Up to age 3

Spring:

April 12-June 16 (No class May 31)
9 weeks Monday 3:30-4:00 pm Fee: \$40

Summer:

June 21-Aug 30 (no class July 5)
10 weeks Monday 3:30-4:00 pm Fee: \$45

Parent and toddler come and explore dancing in a fun-filled half-hour. Music, scarves and songs are used to inspire new kinds of moving for the children (and perhaps the parent!) Instructor: Darrah Blanton. Minimum: 5/Maximum: 8

Ballet Ages 5-7

Spring:

April 12-June 16 (No class May 31)
9 weeks Mondays 4:15-5:15 pm Fee: \$70

Summer:

June 21-Aug 30 (No class July 5)
10 weeks Monday 4:15-5:15 pm Fee: \$78

For the more serious dance student this class offers an introduction to barre work and ballet vocabulary. The five positions as well as large travelling steps across the floor are emphasized, but free expression is always encouraged. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and ballet slippers, and have hair secured.

Instructor: Darrah Blanton. Minimum 5/Maximum 8.

Pre-Ballet Ages 3-5

Spring:

April 12-June 16 (No class May 31)
9 weeks Monday 2:30-3:15 pm Fee: \$52

April 14-June 16
10 weeks Wednesday 1:00-1:45 pm &
2:00-2:45 pm &
3:00-3:45 pm Fee: \$58

Summer:

June 21-Aug 30 (no class July 5)
10 weeks Monday 2:30-3:15 pm Fee: \$58

June 23-Sept 1
11 weeks Wednesday 1:00-1:45 pm &
2:00-2:45 pm
3:00-3:45 pm Fee: \$64

This class introduces the concepts of rhythm, shape, size and speed in a fun, energetic environment. Self expression and creativity are encouraged, and games, songs, props and stories are incorporated throughout the class. Parents of new students are welcome to view the first class, and all are invited to the last class of the session. Children should wear comfortable clothes and have hair secured; ballet slippers are optional.

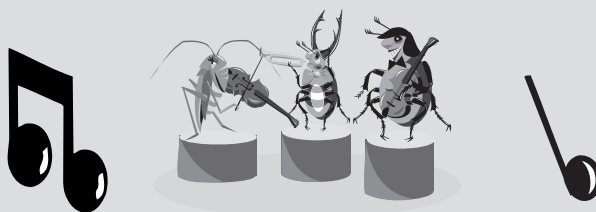
Instructor: Darrah Blanton Minimum 5/Maximum 8



Spring/Summer 2004

Laurelhurst Community Center - 684-7529

Music For Kids



Flute/Recorder Instruction

Age 7 and up

Spring: April 13-June 15 10 weeks \$140

Tuesdays 2:00 - 7:30 pm

Summer: July 7-July 28 4 weeks \$56

Wednesdays 2:00-5:30 pm

Private instruction. Enjoy the wonderful world of flute and recorder music. We'll work on tone development, finger position, posture, breathing and reading. This class will help the student develop their musical potential on the flute or recorder. Flutist Trudy Sussman Antolin will teach ten half-hour lessons. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

Saxophone Instruction

Age 7 and up

Days and Times: TBA

Spring: April 13-June 15 10 weeks \$140

Summer: July 7-Aug. 1 4 weeks \$56

Private instruction. The saxophone is a popular instrument in jazz. It has an expressive voice and is enjoyable to listen to when played correctly. Students will focus on the fundamentals of tone production and reading music. Instructor Bob Antolin will give one half-hour lesson per week. Please call to schedule your regular time slot.

Piano Lessons

Age 7 and up

Spring: April 13-June 15 10 weeks \$140

Tuesday 2:00-7:30 pm

Summer: July 7-28 4 weeks \$56

Wednesday 2:00-5:30 pm

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive one personalized half-hour lesson per week. Space is limited. Please call to schedule your regular time slot. Younger students may register but only with permission from instructor.

Instructor: Trudy Antolin



CLASSES MEET AT THE
COMMUNITY CENTER.

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YOUTH SPORTS AND FITNESS



Lil' Tikes Starter Sports Series

The lil' boy/girl in the family will have the opportunity to learn the basic fundamental skills to get him/her started on their budding sports interests.

Registration for Lil' Tikes is by mail only and begins March 15 for Spring quarter and May 24 for Summer quarter. We will not accept any registration prior to these dates. Registrations postmarked prior to these dates will be processed after all other mail-in registrations on the first day of registration.

Tikes Basketball Ages 4-5 5 weeks \$25

Spring:

Session 1

Age 4 Tues 3:30-4:15pm April 13-May 11

Age 5 Tues 4:30-5:15pm April 13-May 11

Session 2

Age 4 Tues 3:30-4:15pm May 18-June 15

Age 5 Tues 4:30-5:15pm May 18-June 15

Summer:

No classes offered in summer

Lil' Tikes T-ball Ages 4-5 6 weeks \$30

(If rain, class will be cancelled and made up later)

Spring:

Age 4 Wed 3:30-4:15pm April 28-June 2

Age 5 Wed 4:30-5:15pm April 28-June 2

Summer:

Age 4 Tues 3:30-4:15pm June 22-July 27

Age 5 Tues 4:30-5:15pm June 22-July 27

Age 4 Wed 3:30-4:15pm June 23-July 28

Age 5 Wed 4:30-5:15pm June 23-July 28

Lil Tikes Soccer Ages 4-5 5 weeks \$25

Spring:

Session 1:

Age 4 Thurs 3:30-4:15pm April 15-May 13

Age 4 Thurs 4:30-5:15pm April 15-May 13

Session 2:

Age 4 Thurs 3:30-4:15pm May 20-June 17

Age 4 Thurs 4:30-5:15pm May 20-June 17

Summer:

Session 1:

Age 4 Thurs 3:30-4:15pm June 24-July 22

Age 5 Thurs 4:30-5:15pm June 24-July 22

Session 2:

Age 4 Thurs 3:30-4:15pm August 5-Sept 2

Age 5 Thurs 4:30-5:15pm August 5-Sept 2

Soccer

Indoor Nerf Soccer

(Spring: 6 weeks/Fall: 5 weeks)

Ages 5-6

Spring Registration:

Mail-in or Walk-in: March 22-April 2

\$30

Practices begin: April 12-16

Games begin: April 30-June 11

Fall Registration:

Mail-in or Walk-in: Aug 23-Aug 27

\$30

Practices begin: Sept 6-10

Games begin: Sept 10-Oct 15



IMPORTANT:

Please pick up special sports registration forms.

Nerf soccer is a modified soccer game played in the gym with a soft nerf ball. This recreational and instructional program for boys and girls emphasizes fundamental soccer skills, participation, team work and fun. Games are held on Fridays. Fee includes team t-shirt.

Volunteer coaches are needed!



YOUTH SPORTS AND FITNESS

Martial Arts



Little Dragons Karate Ages 4-6

Spring: Monday, Wednesday, or Friday, 4:00-4:30 pm \$65

Mondays April 12-June 14 9 weeks

(No class May 31)

Wednesdays April 14-June 16 10 weeks

Fridays April 16-June 18 10 weeks

Summer: Monday, Wednesday, or Friday 4:00-4:30 pm \$65

Mondays June 28-Aug 30 9 weeks

(No class July 5)

Wednesdays June 30-Sept 1 10 weeks

Fridays June 4-Sept 3 9 weeks

(No class July 30)

Little Dragons Karate focuses on improving preschool- age children basic motor and listening skills. Your child will learn how to work with others and follow directions. This class will enhance positive development in a fun and motivating way while preparing your child for the Kids Karate class. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days.

Minimum: 10/Maximum: 10 - Friday Maximum: 20



Tigers Karate Ages 6.5-9

Spring: Friday, 4:45-5:30 pm \$98

Fridays April 16-June 18 10 weeks

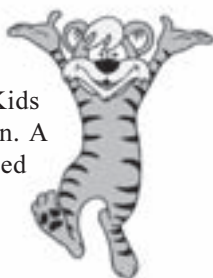
Summer: Friday, 4:45-5:30 pm \$98

Fridays June 4-Sept 3 9 weeks

(No class July 30)

Tigers Karate follows the same format and curriculum as the Kids Karate class, but is restricted to students ages 6.5-9. See "Kids Karate – Beginner" for a full description. A uniform is required and may be purchased through the instructor, Chris Herrman.

Minimum: 10/Maximum: 20



Kids Karate– Beginning Ages 6.5-12

Spring: Mon or Wed, 4:45-5:30 pm \$98

Mondays April 12-June 14 9 weeks

(No class May 31)

Wednesdays April 14-June 16 10 weeks

Summer: Mon or Wed, 4:45-5:30 pm \$98

Mondays June 28-Aug 30 9 weeks

(No class July 5)

Wednesdays June 30-Sept 1 10 weeks

Kids Karate is a fun, safe, and effective way to develop your child's character, mind, and body. Well-planned drills and games are incorporated for exciting classes which develop reflexes, coordination, strength, flexibility, self-discipline and self control. Your child's confidence and concentration will improve which results in improvements in school and at home. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days.

Minimum: 10/Maximum: 20 - Wednesday, Maximum: 20

Kids Karate – Intermediate/Advanced Ages 6.5-12

Spring: Monday or Wednesday, 5:45-6:30 pm \$98

Monday April 12-June 14 9 weeks

(No class May 31)

Wednesdays April 14-June 16 10 weeks

Summer: Monday or Wednesday, 5:45-6:30 pm \$98

Monday June 28-Aug 30 9 weeks

(No class July 5)

Wednesdays June 30-Sept 1 10 weeks

The Intermediate/Advanced class is a progression from the Kids Karate beginner program. It is open to Kids Karate students Orange belt & up, or with permission from instructor, Chris Hermann. Students may register for both classes.

Minimum 10: Maximum: 20

Teen and Adult Karate Ages 13+

Spring: Mon or Wed, 7:45-8:30 pm \$98

Mondays April 12-June 14 9 weeks

(No class May 31)

Wednesdays April 14-June 16 10 weeks

Summer: Mon or Wed, 7:45-8:30 pm \$98

Mondays June 28-Aug 30 9 weeks

(No class July 5)

Wednesdays June 30-Sept 1 10 weeks

Martial Arts & Self Defense is a great way to challenge yourself mentally and physically in a fun and safe atmosphere. This class offers practical self-defense skills, a varied fitness program, and a healthy way to release stress. A uniform is required and may be purchased through the instructor, Chris Herrman. Students may register for both days.

Minimum: 10/Maximum: 20

YOUTH/TEEN SPORTS AND FITNESS

Spring Sports

Girls Modified/Fast Pitch Softball

Ages: 8-9, 10-11, 12-13, 14-17

Registration: March 8

Fee: \$30

Modified is for those girls between the ages of 8-11 and fast pitch is for those between the ages of 12-17. Emphasis is on participation, learning skills, teamwork and fun. Teams will play other community centers. Teams are formed in each age group in a space available basis. Players' request for a particular coach or friend is not guaranteed. Practices begin late March. Games begin Saturday, April 17 and are played on the weekdays and/or weekends at lower Woodland.

Volunteers are needed.



Summer Sports

Summer T-Ball

Ages 5-6

Registration: June 1

Fee: \$30

Kids 5-6 years of age have an opportunity to learn T-ball in a low key and fun atmosphere. Emphasis is on participation and skill building. Games are Saturday mornings beginning the 2nd week in July to 1st or 2nd week in August. Practices begin the week of June 21. **Volunteer coaches are needed.**

Coach Pitch Baseball

Ages 7-9

Registration: June 1

Fee: \$30

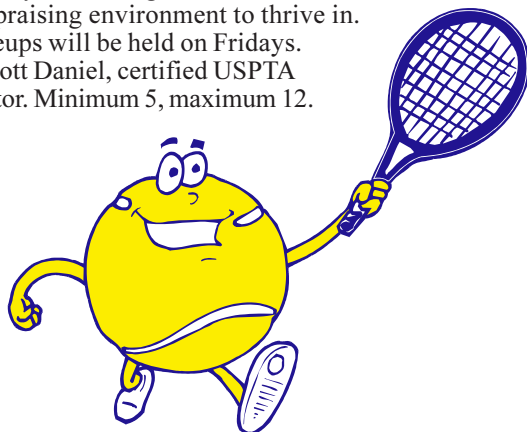
Play baseball, but with a softer ball made of cloth. Emphasis is on participation and having fun. Games are on Friday nights beginning the 2nd week in July to 1st week in August. Practices begin the week of June 21.

Volunteer coaches are needed.



Youth Tennis

This program is for young people who want to enjoy tennis by challenging themselves to achieve their own level of mastery. The key to learning will be FUN drills and games and a praising environment to thrive in. Rainout makeups will be held on Fridays. Instructor: Scott Daniel, certified USPTA tennis instructor. Minimum 5, maximum 12.



<i>Tuesday/Thursday</i>	<i>4 weeks</i>	<i>\$68</i>
Spring Session 1:	April 13-May 6	
<i>Ages 7-11</i>	<i>Beg/Adv. Beg.</i>	<i>4:00-5:00 pm</i>
<i>Ages 10 & up</i>	<i>Int/Advanced</i>	<i>5:00-6:00 pm</i>
Spring Session 2:	May 18-June 10	
<i>Ages 7-11</i>	<i>Beg/Adv. Beg</i>	<i>4:00-5:00 pm</i>
<i>Ages 10 & up</i>	<i>Int/Advanced</i>	<i>5:00-6:00 pm</i>
Summer Session 1:	June 22-July 15	
<i>Ages 7-11</i>	<i>Beg/Adv. Beg</i>	<i>4:00-5:00 pm</i>
<i>Ages 10 & up</i>	<i>Int/Advanced</i>	<i>5:00-6:00 pm</i>
Summer Session 2:	July 27-Aug 19	
<i>Ages 7-11</i>	<i>Beg/Adv. Beg</i>	<i>4:00-5:00 pm</i>
<i>Ages 10 & up</i>	<i>Int/Advanced</i>	<i>5:00-6:00 pm</i>

YOUTH CAMPS

Youth Ceramics Summer Camps

Clay Creations Ages 4-6

Clay Camp Session I:

June 22 – July 15

Tues/Thurs 9:30-10:15am 4 weeks/ 8 sessions \$74

Clay Camp Session II:

July 27 – Aug 19

Tues/Thurs 9:30-10:15am 4 weeks/ 8 sessions \$74

Kids will enjoy making their own tiles, garden art, treasure bowls and more. Students are encouraged to be creative and experiment with texture, shapes and color. All materials are included. Instructor: Amanda Wilton-Green. Minimum: 5/ Maximum: 8

Wheelforming for Kids Ages 10-12

Clay Camp Session I:

June 22 – July 15

Tues/Thurs 10:30am-12:00pm 4 weeks/8sessions \$76

Clay Camp Session II:

July 27 – Aug 19

Tues/Thurs 10:30am-12:00pm 4 weeks/8 sessions \$76

Kids will start learning how to make functional ceramics on the wheel from the first day of class. Projects include bowls, mugs and small plates. Instructor: Amanda Wilton Green. Min: 5/Max: 8



Girls Roughrider Basketball Camp

The goal of this camp is to improve and develop basic and advanced basketball skills; to improve player's focus; to help prepare hoopsters who wish to play high school basketball, and to work hard and have fun. Camps are held at Wilson Pacific High School gymnasium. Presented by Roosevelt High School and Laurelhurst Community Center.

Bill Resler will direct the Roughriders Camp. Bill just completed his sixth year as the Head Basketball Coach and led the team to another very successful season. Coach Resler will be assisted by Roosevelt High School Varsity players.

Cost: \$145 per week

(Age determined by grade entering in Fall 2004)

Dates/Times:	Grades 4 to 6	Dates: 6/21-6/25 (5 days)
		9:00 am-1:30 pm
	Grades 7 to 9	Dates: 6/21-6/24 (4 days)
		2:00 pm-8:00 pm

Registration Information: Camp registrations are due at the Laurelhurst Community Center one week prior to the start of each camp. Registration forms will be available by April 1st.

HOT STUFF!

TEEN SCENE

Teen Programs Spring/Summer 2004

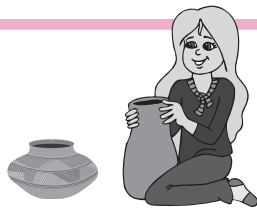
- Join the Teen Advisory Council and help plan programs at Laurelhurst Community Center
- Gain Leadership Experience
- Teen-only Basketball Free-Shoot, Thursdays, 7-8 pm (more times may be available)
- Environmental Stewardship Education
- Service Education
- Community Involvement
- Volunteer Opportunities
- Teen Arts
- Participate in special events



For more
information call
Necka Kapesi at
684-7588 or 684-7531

ADULT ACTIVITIES

Pottery & Ceramics



Wheelforming/Handbuilding

No age requirement

Spring: No classes offered

Summer:

Thursdays June 24-August 26 9 weeks 1:00-3:00 pm

(No class July 22)

\$160 adults/\$152 teens/seniors

The small class size provides the opportunity to structure the class to fit the levels and interests of enrolled students. On the first day of class, handbuilding or wheelforming can be chosen as a focus for the 9 weeks and we'll go from there. Plan on reserving at least one other block of time to practice and create during the week. The studio is available when center is open and no other class is in session. First bag of clay and tools provided. Please bring a small notebook to class. Instructor is Amanda Wilton-Green. Minimum/Maximum 4.

Sports

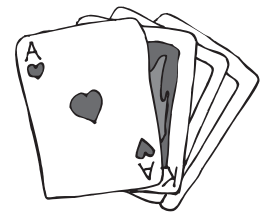


Adult Volleyball

Adult Intermediate/Advanced Volleyball League play is offered in the Fall and Spring. Games are played on Wednesdays at 6:30 and 8:00 pm at Laurelhurst Elementary School Gym. Spring league games begin April 14 and run until early- to mid-June. A \$100 non-refundable deposit is due by March 12, in order to hold a place for your team. The total league fee runs about \$220 depending on the number of teams.

Adult Softball

Adult CoRec and Mens Softball League play is offered in the summer. An organizational meeting will be held Tuesday, March 30, at 7 pm at Laurelhurst Community Center. A \$200 non-refundable deposit will be required to hold a place for your team. The remaining amount will be determined by April 21 and will be due on May 3. Games begin the 1st week in June. CoRec games are played Mondays and Wednesdays at Laurelhurst fields and Tuesdays and Thursdays at Viewridge fields. Men's league games will be held on Mondays and Wednesdays at Viewridge fields. Please contact Tuan Ma, league director, at tuan@wchoops.com or at (206) 948-9448 if interested.



Intermediate Bridge

Thursdays, 1:00-2:30 pm

Spring: April 15-May 27 7 weeks \$33 adults/\$26 seniors (55+)

Summer: July 8-Sept 2 9 weeks \$43 adults/\$34 seniors (55+)

Instructor George Weaver

Music & Dance



Flute/Recorder Instruction

Tuesdays

2:30-7:00 pm

Spring: April 15-June 17

10 weeks

\$140

Wednesdays

Summer: July 9-30

4 weeks

\$56

Private instruction. Flutist Trudy Sussman Antolin will teach half-hour lessons. Times arranged with instructor.

Saxophone Instruction

Days & Times: TBA

Spring: April 15-June 17

10 weeks

\$140

Summer: June 9-30

4 weeks

\$56

Private instruction. Instructor Bob Antolin will give half-hour lessons. Times arranged with instructor.



Piano Lessons

Tuesdays

2:30-7:00 pm

Spring: April 15-June 17

10 weeks

\$140

Wednesdays

Summer: July 9-30

4 weeks

\$56

Explore classical and contemporary music, and music theory as you learn to play the piano. Students of all levels will receive personalized half-hour lessons. Space is limited.



ADULT FITNESS

Fitness Kickboxing

Ages 13+

Spring: Mon or Wed 6:45-7:30 pm \$98

Mondays April 12-June 14 9 weeks

(No class May 31)

Wednesdays April 14-June 16 10 weeks

Summer: Mon or Wed 6:45-7:30 pm \$98

Mondays June 28-Aug 30 9 weeks

(No class July 5)

Wednesdays June 30-Sept 1 10 weeks

Fitness Kickboxing is a great workout for men & women which incorporates elements from the martial arts, boxing and kickboxing. This class combines techniques in the air (aerobic/cardiovascular) and techniques on the pads (anaerobic/muscular) with stretching and strengthening exercises to provide a total body workout. With regular attendance this class will improve strength, muscle tone, flexibility, endurance, coordination, speed and balance for both the novice and seasoned athlete. Students may register for both days.

Instructor: Chris Herrman. Minimum: 10/Maximum: 20.



Beginning Pilates Matwork

Tuesdays 10:30-11:30 am

Spring: April 13-June 15 10 classes \$60 Adults/\$50 Seniors

Summer: No classes in summer

Bring your baby or young child with you to class. While all are welcome, this hour is especially for parents who want to keep their children with them. Please remember to bring quiet toys and activities for your child.

The perfect companion to aerobic & flexibility fitness programs, the Pilates Method matwork will help you develop core muscle stability and strength. Learning Pilates is a process that requires regular attendance. It is especially important to attend the first two classes. If you know that you will be unable to commit to regular attendance, please consider registering for a subsequent quarter. Bring water to drink and wear loose but not baggy clothing. Exercises are done without shoes. Instructor, Barbara Dick, is trained & certified to teach a variety of fitness and movement methods.

Instructor: Barbara Dick. Minimum: 7 / Maximum: 10



Pilates Method: To The Core For More*

Tuesdays 9:15-10:15 am

Spring: April 13-June 18 10 classes \$60 Adults/\$50 Seniors
(No class June 4)

Summer: June 22-Aug 24 10 classes \$60 Adults/\$50 Seniors

The perfect companion to aerobic & flexibility fitness programs, the Pilates Method matwork will help you develop core muscle stability and strength. Bring water to drink and wear loose but not baggy clothing. Exercises are done without shoes. Instructor, Barbara Dick, is trained & certified to teach a variety of fitness and movement methods.

* This class is for students who have taken Pilates matwork before and know the names and how to perform the exercises. Rather than receive basic instruction students will refine their technique.

Instructor: Barbara Dick. Minimum: 7 / Maximum: 15.

Dynamic Stabilization

Fridays 9:15-10:15 am

Spring: April 16-June 18 9 Classes \$50 Adults/\$41 Seniors

Summer: June 25-Aug 27 9 Classes \$50 Adults/\$41 Seniors
(No class July 30)

This class will help you find and develop your dynamic center using the unstable surface of a ball. Join us because it's fun and you'll laugh a lot! Participants need to have the right size ball for their height. Look for "anti-burst" or "burst resistant" balls for safety. Please come with it fully inflated according to the manufacturer's directions. You will also need a 9-12 inch diameter ball and a 5-6 foot stretchy fitness band. A cautionary note: Working on an unstable surface increases the risk of falling. If you have any health condition that requires you to avoid this risk, this class may not be your best choice. If you have questions, please get the instructor's number from the community center.

Instructor: Barbara Dick. Minimum: 7/ Maximum: 15.

Stretch, Strengthen & Lengthen

Tues/Fri 8:00-9:00 am

Spring: April 13-June 18 19 classes \$114 Adults/\$95 Seniors

Summer: June 22-Aug 19 19 classes \$114 Adults/\$95 Seniors
(No class July 30)

Come and move your body from head to toe. We'll focus on strengthening via body weight resistance and rubber stretch bands, maintaining normal range of motion with gentle stretching and lengthening the body through techniques borrowed from the Pilates Method. Balance work and coordination activities are also included. Bring a water bottle and comfortable clothing.



Instructor: Barbara Dick. Minimum: 7

ADULT AND SENIOR FITNESS

Senior Aerobics

Thursdays 9:00-10:00 am
Spring: April 6-June 15 \$18/1-day/week
Summer: July 5-Sept 17



This low-impact aerobics class is adapted especially for senior women and men, and is taught by certified instructors. Join in and enjoy the health-giving benefits of staying active.

To register, call (206) 386-9106, then send a check (payable to SAAC) accompanied by a note stating site/class for which you are paying to the following address:

Senior Adult Programs/Attn: Jayla
 8061 Densmore Ave N
 Seattle, WA 98103

Senior Yoga and Meditation

Tuesdays 8:00 am \$22-1 day a week
Spring: April 6-June 15
Summer: July 5-Sept 17

Learn to relax your body, free your mind, and deepen your spirit. This class will focus on gentle stretching to keep you limber and build muscles. All skill and fitness levels welcome.

To register, call (206) 386-9106, then send a check (payable to SAAC) accompanied by a note stating site/class for which you are paying to the following address:

Senior Adult Programs/Attn: Jayla
 8061 Densmore Ave N
 Seattle, WA 98103

AM Aerobics and Conditioning

Mon/Wed/Fri 7:35-8:35 am
Spring: April 12-June 14 27 classes \$148 Adults/\$122 Seniors
 (No class May 31)
Summer: June 28-Aug 4 11 classes \$60 Adults/\$50 Seniors
 (Monday & Wednesday only)

Instructor Liz Valauri leads a fun class in which you can participate in a low, medium or medium/high level of intensity. The class consists of warm-up, aerobic combinations, conditioning and strengthening, and stretching and relaxation. Good alignment and body mechanics are stressed. Liz is ACE certified. She is also a Certified Laban/Bartenieff Movement Analyst. Location: Laurelhurst Elementary School Gym. In summer, held at Laurelhurst Community Center.

Tai Chi Chuan

Friday 2:00-3:00 pm Adults \$30/mo; Seniors/\$25/Mo.

Tai Chi Chuan & Qigong – Yang style short form in the Cheng Mun Ching tradition will be taught as well as various Qigong exercises designed to increase breath capacity, and in relaxation and stress reduction, balance and centering. New class begins the first Monday of each month. Instructor: Ken Wright.

Teen and Adult Karate (ages 13+)

Spring: 7:10-8:00 pm \$98
 Mondays, April 12-June 14 9 weeks
 (No class May 31)
 Wednesdays, April 14-June 16 10 weeks
Summer: \$98
 Mondays, June 28-August 30 9 weeks
 (No class July 5)
 Wednesdays, June 30-Sept 1 10 weeks

Teen and Adult Karate is a great way to challenge yourself mentally and physically in a fun and safe atmosphere. This class offers practical self-defense skills, a varied fitness program, and a healthy way to release stress. A uniform is required and may be purchased through the instructor, Chris Hermann. Students may register for both days. Minimum: 10/Maximum: 20.



Adult Tennis

Tues/Thurs 4 Weeks \$68
Spring: Beg/Adv. Beg. 6:00-7:00 pm
 Int/Adv 7:00-8:00 pm
 Session I April 13-May 6
 Session II May 18-June 10
Summer: Beg/Adv. Beg., 6:00-7:00 pm
 Int/Adv 7:00-8:00 pm
 Session I June 22-July 15
 Session II July 27-Aug 19

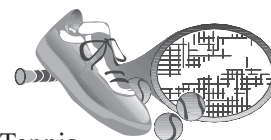


In these one hour lessons we'll improve your all around court game through fun drills and situations. The beginning/advanced beginning class will emphasize stroke fundamentals: forehand, backhand, volley, serve, lob and overhead. In the intermediate/advanced class we will deepen your game with shot selection, transition skills (e.g. approaching net after serve, lateral volley coverage) and game strategies. Instructor Scott Daniel, USPTA certified professional. Certified USPTA tennis instructor.

Minimum: 5/Maximum: 8

Laurelhurst Women's Tennis Flights

Please contact the Community Center for information about this neighborhood based Women's Tennis Flight. Spring tryouts are scheduled for Thurs., April 1 at noon and if rain then Friday, April 2 at noon. The flight schedule begins the week of April 5. Summer tryouts are scheduled for May 20 at noon and if rain then May 21 at noon. The flight is scheduled to begin the week of June 7. Fall tryouts are scheduled on August 26 at noon and if rain then on August 27 at noon. Fall Flights are scheduled to begin the week of September 6th. There will be a fee of \$20 per player for each seven-week session. Make checks payable to LAC.



BASIC INFORMATION



Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our [facility rental brochure](#).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities either by mail, or in person during regular facility hours. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Laurelhurst Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Laurelhurst Community Center Mail-In Registration Form

Participant's Name	M/F	B-Day	Class Name	Day	Time	Dates	Fee
Total:							

I am paying by: ☐ Check ☐ Visa ☐ MasterCard Exp. Date: /

Credit Card #: _____ Signature: _____

Street Address: _____ City/State/Zip: _____

Phone (day): _____ (Night): _____ (Emergency): _____

I hereby give my consent for the above named participant(s) in the program(s) listed above being conducted or cosponsored by the Laurelhurst Advisory Council and declare that I will not hold the City of Seattle, Department of Parks and Recreation, the Department's employees, Advisory Council, or any volunteer associated with the program responsible for any injuries, damage or personal loss incurred while participating in said program(s). The undersigned and the above-named participant(s) are aware that safety regulations are applicable to the above program(s) and hereby agree to comply with such regulations and all directions of instructors and/or other personnel in charge of the program(s).


Signature of Participant
or Parent if Minor

Printed Name

Relationship

Date

Information & Instructions (for form above)

 Mail registration to 4554 NE 41st, Seattle, WA 98105. Registration must include a check/money order payable to Laurelhurst Advisory Council or Credit Card information.

- ♦ Mail-in registration is done by lottery selection and class enrollment is limited. Please note your first and second class selections on your registration forms to facilitate processing should your first class selection be filled.
- ♦ Mail-in registration must be post marked no sooner than **March 15** for *Spring* and **May 24** for *Summer* quarters. Registration received prior to these dates will be processed after the first day of mail-in registration.

 Walk-in registration for *Spring* begins **March 29**, 11:00 am, and for *Summer* **June 14**, 11:00 am.

- ♦ There will be no phone/written confirmation. Registrants will ONLY be notified if they do not get enrolled in a class. In this event they will be placed on a waiting list. Refunds will be issued by mail for those who do not get into a class.